



DEPARTMENT OF THE ARMY
UNITED STATES ARMY STUDENT DETACHMENT
VICTORY SUPPORT BATTALION
FORT JACKSON, SOUTH CAROLINA 29207

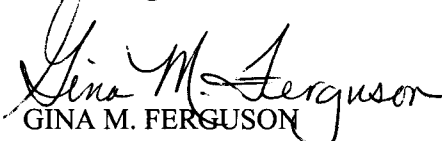
ATZJ-VSB-SD

27 October 2006

MEMORANDUM FOR RECORD

SUBJECT: Policy # 9 - **Physical Training**

1. Physical training is an essential element of staying fit. This policy letter outlines the physical training standards expected of the U.S. Army Student Detachment.
2. My goal for the **Company APFT Average is 260.**
3. USASD Permanent Party:
 - a. Physical training is conducted daily Monday -Friday from 0600 – 0700 hours.
 - b. Unless otherwise specified, the first duty/accountability formation is held at 0550 hours.
 - c. The 1SG will direct the uniform of the day for PT. The uniform is the Army black shorts and gray T-shirt, unless otherwise specified. The PT jacket, sweatpants, black wool cap, and gloves are worn as seasonal items.
4. USASD Students:
 - a. Maintaining individual physical fitness is the responsibility of the Soldier.
 - b. Students must submit a PT card bi-annually to the student detachment.
 - c. The Senior Liaison Officers or Senior Army Advisors will conduct the PT test and weigh-ins for their schools. If a student has no senior officer, then they must conduct a PT test to the best of their ability and with the highest degree of integrity.
5. It is the primary responsibility of the Operations Sergeant to ensure that all Soldiers of USASD meet and maintain the physical fitness standards set by the Army and TRADOC.
6. Personnel that fail an APFT are automatically flagged and enrolled in a special fitness program appropriate for the individual.
7. Personnel that do not meet the height/weight standards must first visit a nutritionist. Upon determination that the soldier is not overweight due to a medical condition, the soldier will be flagged and enrolled in the Army Weight Control Program IAW AR 600-9.
8. All Soldiers should report to their next duty station in satisfactory physical condition, able to pass the APFT, and within height/weight standards IAW AR 600-9.
9. The point of contact for this memorandum is the undersigned at 803-751-5305.


GINA M. FERGUSON
CPT, SC
Commanding